

understanding

Mood disorders in simple terms

A basic description of the types of mood disorders.

Test your mood

A self-test to help determine if you might be suffering from depression.

Ask the pharmacists

Medication questions about mood disorders.

Ask Ron Ellis

Ron answers questions submitted by our readers.

Understanding

Addictions: the causes, the struggles and treatment options

An understanding of and some statistics with respect to addictions.

Postpartum depression: services and supports

Services and supports for women with PPD.

Fetal alcohol spectrum disorder

A therapist discusses the impact of FASD.

Prostate cancer and depression

The emotional experience of prostate cancer.

A high price

The price one woman has had to pay for mental stability.

Insomnia: a disorder or a symptom?

Sleep disorders and how to deal with them.

healthy living

A journey towards healing

One woman's discovery of the healing powers of meditation.

What's getting in the way of good nutrition?

Looking at reasons/remedies for not always eating well.

Lessons on sugar

All about carbohydrates.

Menu – quick and easy healthy meals

A one-day menu of foods that are easy and healthy.

Stress without “dis- stress”

Dr. Fligg discusses stress reduction through various activities such as cross country skiing.

your stories

Christopher Kennedy Lawford

Christopher Lawford talks about his struggles and eventual success with conquering his addictions.

My masks

Lorilei's story—the masks she wore for years to hide from the stigma of her illness.

young moods

Growing up strong

Children growing up in families with chronic illnesses such as MS - the support they need.

Childhood bereavement

Understanding and helping children to grieve.

Gifted kids—their needs, their struggles

A discussion about gifted kids and their struggles.

Understanding the adolescent brain

Adolescents and how they mature mentally.

Workplace violence

The growing violence in the workplace and how to reduce the risk of it.

peer to peer - A column offering support and empowerment

resources - Classified ads and upcoming events

bookshelf - The editor's/readers' choice of books